



Walk and Talk

A gentle 30-minute walk with a trained walk leader planning the routes. A chance to get out in the fresh air and socialise with others. **All walks are free.**

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). Phil Brooke 07542683666
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) Phil Brooke 07542683666
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-under Lyne, OL7 0PW (Carpark) Phil Brooke 07542683666
Droylsden	Thursday	10.00am	Active Medlock, Gardenfold Way, Droylsden, M34 7XU. (Carpark) Phil Brooke 07542683666
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK151NJ. (Meet at bowling hut) Phil Brooke 07542683666
Mossley	Thursday	11.30am	New Bridge Inn, Micklehurst Rd, Mossley, O15 9HT (Carpark) Phil Brooke 07542683666

Contact Live Active Community Officer Phil Brooke for further details. It is advisable to contact the Community Officer to confirm that the walk is going ahead (inclement weather etc).

Live Active Community officer Phil Brooke: 07542 683 666, philip.brooke@activetameside.com

Couch to 5K

Our Couch to 5K plan is designed to get just about anyone off the couch and running 5km in 10 weeks. Course to be pre-booked and paid in advance by contacting the Live Active office on **0161 366 4860**.

LOCATION	DAY	TIME	PRICE	INFORMATION
Ashton	Mondays	5.00-6.00pm	£15 per course (10 weeks Course Starts 12th October) 24 places only	East Cheshire Harriers & Tameside Athletics club, Richmond St, Ashton-under-Lyne, OL7 9HG. To book your place, please email: liveactive@activetameside.com or call: 0161 366 4860 .

Contact the Live Active Office for further details; 0161 366 4860.